



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

February 2014

A Letter from Mayor Dave Wood



'Twas the night before Christmas when all thru Princess City,
Many citizens were preparing for the Holiday so giddy.

Festive dinners were concluding, church services await;
Some had retired after shopping, others were enjoying family 'til late...

When out of Blair Hills the water pumping station did clatter,
Dave Majewski, from Water, took the call and sprang to see what was the matter.

Away from his family he flew like a flash,
Left Christmas Eve celebrations, and arrived on scene in a dash.

The icy wonderland revealed that water from the station
Was flowing into neighborhoods; a serious situation.

A massive pipe burst, there was no dispute,
But a solution would be found, Dave and his team were resolute.

Water had seized pumping equipment to the City's dismay.
Without prompt attention, residents would be without water on Christmas Day.

A team was dispatched, a plan of action in place.
Six city departments, were in for the race.

With Consultants and Christmas Miracles, public servants galore
saved water service for you and your Christmas to enjoy.

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UPCOMING EVENTS!

Feb 14	Couples Ice Skate Night (Merrifield Ice Rink)
Feb 21	Daddy/Daughter Dance (Battell Center)

Volunteer Income Tax Assistance

VITA IRS-certified tax preparers will prepare and e-file your taxes for FREE!

Call 2-1-1 between 8am-5pm Mon-Fri to **confirm eligibility and schedule your appointment.**



Your Heart Healthy Diet

Health Information from Saint Joseph Regional Medical Center

February is American Heart Month and one of the best ways to take care of your heart is through a healthy diet. Choosing healthful meal and snack options can help you avoid heart disease and its complications. A heart healthy diet includes fresh fruits and vegetables, whole grains, lean proteins and healthy fats and oils.

Fruits & Vegetables

Fruits and vegetables are part of a heart healthy diet and may reduce the risk of cancer and other chronic diseases. They are also:

- Sources for essential vitamins, minerals and fiber
- Naturally low in fat, calories, sodium and cholesterol and are filling

Grains

Choose whole grains over refined grain food products, such as white flour and rice. Whole grains reduce the risk of some chronic diseases, such as heart disease, and provide important nutrients that are vital for the good health.

Whole grains contain the entire grain kernel and include:

- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole cornmeal
- Brown rice

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ONLINE ACCESS

The City of Mishawaka maintains an online presence and can be found on the web at <http://mishawaka.in.gov>.

There is also a Facebook page that is updated with announcements, events and traffic alerts.

Find us on Facebook at <http://facebook.com/cityofmishawaka>

Remember, the current issue of the Mishawaka Communicator is always available as of the 1st of every month at <http://mishawaka.in.gov/communicator>

A Letter from Mayor Dave Wood *(continued)*

Citizens never knew how close they came to not having water service on Christmas Day. At approximately 9:10 pm on Christmas Eve, the City of Mishawaka experienced perhaps its largest water pipe rupture in City history. The City's massive water tank atop Blair Hills lost about half its stored water capacity of 1.5 million gallons in a short period of time. There is never an opportune time for an emergency of this magnitude but the timing of this event was particularly inopportune. Yet it is times like these that I am reminded of the dedication, selflessness and professionalism of my fellow co-workers and public servants at the City of Mishawaka. That night, I witnessed a team mobilize at a moment's notice, develop a plan and execute it flawlessly. Many stayed through the night working through some harsh conditions. These men and women did this because water service disruption or failure was not an option for them. They sacrificed Christmas time spent with their families so that thousands of Mishawaka families could celebrate theirs at home with their families. I am proud and humble to have the opportunity to serve with them.

I would like to take this opportunity to thank Dave Majewski, Frank Unruh, Janice Winn, Dell Allen, Aaron DeCocker, Jay Plummer, Nick Stanfield and Greg Steinke of the MU Water Division; Kevin McGann, Chuck Bailey, and Scott Flynn of the MU Electric Division; officers Ryan Kuzmich, Greg Dawson and Brian Long of the Mishawaka Police Department; and Assistant Commissioner Terry Rich and his Street Department crew; Tim Shide, Keith Walorski and Mike Walorski of Enyart Motor Repair, Inc. and Dave Smith of Logical Solutions Co. for their collective effort. Everyone's help allowed many in Mishawaka to enjoy a Merry Christmas!

I consider myself blessed to live in Mishawaka!



Your Heart Healthy Diet *(continued)*

Eat Healthy Protein

Meat, poultry, seafood, dried peas, lentils, nuts and eggs are good sources of protein, B vitamins, iron, and other vitamins and minerals. Follow these guidelines when incorporating healthy proteins into your diet:

- Choose meats that are leaner cuts, and always trim any fat you can see. For chicken and turkey, remove the skin to reduce fat
- Substitute pinto or black beans for meat in chili and tacos
- Choose low-fat or fat-free milk and yogurt
- Choose low-fat or fat-free cheese
- Choose egg whites or pasteurized egg white products

Milk and other dairy products are good sources of protein, calcium, the B vitamins niacin and riboflavin, and vitamins A and D. Use skim or 1% milk. Cheese, yogurt and buttermilk should be low-fat or non-fat.

Fats & Oils

While fats are essential for normal body function, some fats are better for you than others. A heart healthy diet limits the amount of foods containing trans and saturated fats while, incorporating foods polyunsaturated and monounsaturated fats. To limit bad fats, avoid the following:

- High-fat cheeses
- High-fat cuts of meat
- Whole-fat milk and cream
- Butter and margarines
- Ice cream and ice cream products
- Fried foods
- Commercial baked goods (donuts, cookies and crackers)
- Processed foods

Choose instead:

- Fish, including salmon, mackerel, herring, sardines, albacore tuna and rainbow trout
- Tofu and other soybean products
- Nuts, seeds and nut butters
- Olive and vegetable oils
- Avocados